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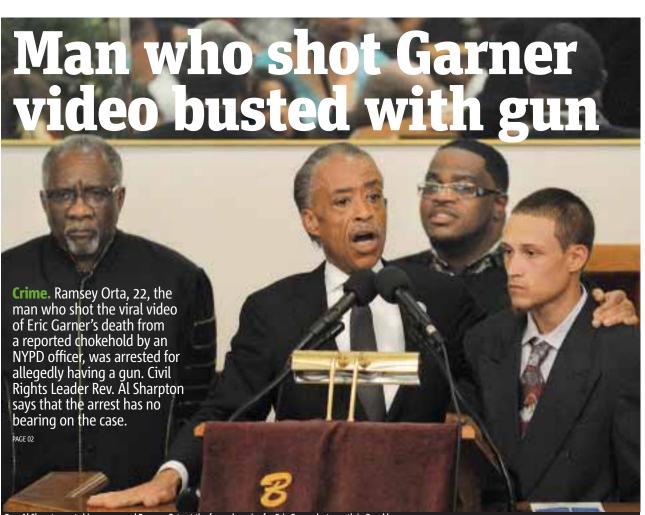
**'Bachelor in** Paradise': **Viva reality** TV losers!

PAGE 17

Sinead O'Connor wigs out on new release



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### **NEWS** Today's tweet "As the process of finding a new owner moves forward, one thing is clear—the @BuffaloBills belong in Western New York." @NYGovCuomo Top 3 What's trending online at Metro.us 1'Watch Julia Roberts get hit in the face with a giant inflated ball' 2'Chris Pratt once flashed Amy Poehler on the 'Parks and Rec' set' 3 'Celebrities and friends remember former 'American Idol' contestant Michael Johns'

# Cops arrest witness who recorded Garner's death

### Staten Island.

Ramsey Orta, who shot the video of Eric Garner's final moments, was brought in for having a gun, the NYPD said.

The man who caught the final moments of Eric Garner's life on cellphone video was arrested on Saturday evening and charged with gun possession, police said.

Authorities said Ramsey Orta, 22, was seen by narcotics officers entering a hotel on Staten Island's Central Avenue that police consider a known narcotics hot spot at 9:45 p.m. Saturday with a 17-year-old girl identified as Alba Lekaj.

Police said Orta stepped out of the hotel when he noticed officers approaching him. According to investigators, Orta placed a .25 caliber handgun inside Lekaj's waistband before they were apprehended by police. The gun, which is said to have been reported stolen in Michigan, was unloaded.

Both Orta and Lekaj are in police custody and face charges for criminal possession of a firearm. Lekaj also faces a possession charge after officers found marijuana on her.

This is Orta's second time caught by police with a gun, according to investigators.

On July 17, Orta was at





Ramsey Orta, 22, center, hugs Eric Garner's family at his funeral in Brooklyn. Members of Eric Garner's family, left, discuss the medical examiner's findings on Saturday. / GETTY IMAGES



Visit **Metro.us** to keep up on the latest happenings in the Garner case.

the street corner where Garner — a 43-year-old father of six — was arrested for allegedly selling loose cigarettes. Orta's cellphone camera caught the arrest, including when Officer Daniel Pantaleo is seen approaching Garner from behind and wrapping his arm around Garner's neck.

On late Friday, the city's medical examiner

### Validated

"Let us be clear that the tape that Ramsey recorded has now been validated by the medical examiner's report."

Al Sharpton

declared the cause of Garner's death a homicide by "compression of neck (chokehold), compression of chest and prone positioning during physical restraint by police."

On Sunday afternoon, the Patrolmen's Benevolent Association said it's "criminals like Mr. Orta, who carry illegal firearms, who stand to benefit the most by demonizing the good work of police officers."

The Rev. Al Sharpton, who stood with Orta at Garner's funeral, told reporters on Sunday afternoon that he had not spoken to Orta. While he said he could not speak as to whether Orta was targeted after his video went viral, Sharpton said the charges against the 22-year-old had no bearing on the Garner case.

"Let us be clear that the tape that Ramsey recorded has now been validated by the medical examiner's report," Sharpton said.

The civil rights advocate said no one was contesting that an officer used a chokehold—a move the NYPD Patrol Guide handbook has disallowed for more than 20 years—and



that the PBA should worry more about explaining the medical examiner's findings than Orta's arrest.

Requests for comment by an attorney who previously represented Orta were not returned.



CHESTER JESUS SORIA @chestersoria

### New York City. New speed limit slow zones in place across the city

The first round of slow zones for drivers around the city go live on Monday, including one that stretches slightly more than 8 miles along Broadway in Manhattan.

Speed limits drop to 25 mph from the longstanding 30 mph in 13 zones across the five boroughs. Among the new slow zones are the stretch between 59th and 220th streets along Broadway.

Zones will be also be established at Jerome Avenue in the Bronx, between East 161 Street and Bainbridge Avenue, where there were five reported fatalities between 2008 and 2012.

SAMAR KHURSHID



### Bronx

### Three injured in shooting

Police are looking for what they believe to be at least one shooter who sent three men to a Bronx hospital on Sunday.

Cops arrived at the intersection of 166th Street and Summit Avenue in the Highbridge section of the Bronx at 3 p.m. after reports of a shooting.

Once there, officers found three men with gunshot wounds. Authorities said one 29-year-old man was shot in the chest, and a 28-year-old man was shot in his knee.

A 21-year-old male suffered from a bullet graze wound, police said.

There are no arrests in the case, which investigators consider ongoing. CHESTER JESUS SORIA

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### Manhattan

### Sen. Schumer wants law to tame drones

Sen. Charles Schumer wants federal intervention to tame the "wild, wild west" that is New York City and drone hobbyists. The senator pointed to private, potentially illegal use of drones for illicit activities as a call to lay out the rules for private and commercial drone use.

"More and more, small drones are being used by private investigators to spy on unaware New Yorkers or illegal purposes like drug deliveries," Schumer said.

CHESTER JESUS SORIA



## Urban street fashion truck entices on-the-go shoppers

### **New York City.**

Le Suite Boutique operates out of the back of a truck that moves locations.

On a sunny Thursday in midtown Manhattan, pedestrians rubbernecked as they walked past a garage next to the Refinery Hotel on West 38th Street, looking perplexed and intrigued by a set of open doors that led into the back of a truck. Inside, the truck was lined with dresses, jerseys, bags and jewelry. A small chalkboard sign read: Le Suite Boutique.

The mobile fashion shop is the brainchild of friends Iran Ortiz and Mareana Torres. The young entrepreneurs launched their venture two months ago and now tour Manhattan,



#### Here, then gone

"It's a good argument for shopping. You have to take your chance. You can't come back to it later, because it'll be gone."

Jana Kilka

the Bronx and Brooklyn three times a week.

Le Suite Boutique is not the first fashion truck to hit the streets of New York. But it is the first of its kind. "We're the only ones that do contemporary urban street wear," Torres said. They sell reasonably priced and high-end products, anywhere from a \$30 dress to \$250 sunglasses. They also work with local designers and brands such as SVesna and Fellas & Dames, helping them promote their products across the city.

Ortiz, 30, and Torres, 35, often discussed opening a boutique together, but it wasn't until last year that they grew serious and came up with the idea of a mobile fashion truck.

Investing \$50,000 between them, they rejuvenated a beat-up truck for their showroom. The interiors were gutted, re-fitted with shelves, a changing corner with partitions and checkout counter.

"We even each other out," said Ortiz, who sells pieces from her own jewelry line, Endless Noise.

"It's the future of retail," said Trudy Larson, a marketing executive from New Jersey in her 40s, who browsed the shop.

Even tourists were taken by the concept. "I've never seen anything like it," said Thore Schoelermann, 29, a television host from Germany. Schoelermann's girlfriend, Jana Kilka, a 27-year-old German actress, shopped for half an hour as he waited. "It's a good argument for shopping," she said. "You have to take your chance. You can't come back to it later, because it'll be gone."

SAMAR KHURSHID
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### NYC. Met Opera talks extended by one week

The Metropolitan Opera has agreed to extend union contracts for a week to allow for an independent study of its finances, further postponing a threatened lockout at the nation's largest performing arts organization, the Met said on Saturday.

The Met made the announcement along with two of its largest unions, representing the chorus and orchestra, in collaboration with the U.S. Federal Mediation and Conciliation Service.

"We are encouraged with this step forward that we believe will address the issues in contention and will ultimately lead to an agreement that is fair to everyone," said James Odom, president of the American Guild of Musical Artists.

A lockout threatens to derail the new opera season, set to open in September with Mozart's "Le Nozze di Figaro."

REUTERS



#### **Reducing costs**

Met General Manager Peter Gelb said he needs to reduce the cost of the company's orchestra and stagehands by 17 percent.

 About two-thirds of the Met's expenses of \$327 million went toward pay and benefits for unionized employees, the organization said.



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### JEREMIAH MOSS

www.vanishingnewyork. blogspot.com

Jeremiah Moss is the award-winning author of the blog Jeremiah's Vanishing New York. His writing on the city has appeared in many publications, including The New York Times, and online at The New Yorker.



On a recent summer night, I wandered past Smalls jazz club on West 10th Street in the Village. The Maine Coon cat reclining on the doorstep caught my attention, and the chalkboard announcement of "Tap Jam" held it. The cat is called Minnow and the Tap Jam is not to be missed.

On Wednesday nights, from 6-9 p.m., the basement club fills with dancers. Dressed in shorts and T-shirts, baseball caps

and dresses, they are an unassuming group. No sequins, no bugle beads or ramrod dancer postures. On the street, you wouldn't notice them. Then they put on their tap shoes.

Michela Marino Lerman, host of the jam and tap dancer extraordinaire, calls out a name and asks, "You got your shoes



on?" Hesitantly, a dancer steps onto the stage, parked in front of a jazz trio. The dancer asks for the tempo and they're off.

This is improvisational tap, the shoes a percussive instrument jamming along with the band, sometimes leading, sometimes following. Feet bang across the wood, hammering and skipping, slowing down to scrape a semi-circle before speeding up again. When the band quiets for the dancer's solo, she breaks out every move, dripping sweat and deadly serious. You feel the footfalls knocking in your rib cage.

The dancers perform at all levels, from shy beginners to experts sending up complicated rhythms that move so fast you can't connect the sounds to the

sight of blurry shoes. It's a pleasure to watch the experts fly, but I am partial to underdogs: the elderly gentleman who does an agile soft shoe; the heavyset woman who unveils unexpected elegance; the spaghetti-thin boy who impresses with his delicate touch.

With some prodding, an awkward newbie gets up, though she's only got a few basic moves under her belt. Wide-eyed, biting her lip, she clomps her way through. At one point, her face breaks into a mega-watt smile, her arms windmilling the air as her feet take over. Later, I tell her she's courageous and she says, "I was terrified. But I'm alive, so I might as well do it."

Here is New York.

SAMAR KHURSHID

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www.metro.us Monday, August 4, 2014

### Queens

### Man found slashed to death on street corner

A Woodside man was found bleeding to death on a Queens street corner Sunday, police said.

Officers responded to the intersection of 97th Street and Northern Boulevard at 2:13 a.m. after receiving an emergency call.

At the scene, police found a fatally wounded Fabian Carreno suffering from deep slashes to his face and neck and stabs wounds to his upper body.

EMS and paramedics rushed Carreno to Elmhurst Hospital Center, but doctors pronounced him dead on arrival.

Investigators
consider the case
ongoing, with no
suspects named as of
early Sunday.
CHESTER JESUS SORIA





### Dancing in (the first) of the Summer Streets

8

New Yorkers took to Park Avenue on Saturday morning to celebrate the kickoff of Summer Streets. The annual event runs three consecutive Saturdays in August and opens up nearly seven miles of city streets for walking, running and biking. More than 300,000 people took part in the festivities last year. The route stretches from Brooklyn Bridge to Central Park, along Park Avenue with five rest stops for walkers. The Park Avenue Tunnel is also closed down for the event and converted into a seven-block-long art installation. Park Avenue will also be closed for Summer Streets from 7 a.m. to 1 p.m. on Aug. 9 and Aug. 16. (MILES DIXON, METRO



### At least 367 dead after quake hits southwest China

Frequently hit **region.** One earthquake killed more than 1.400 in the same part of Yunnan in 1974.

A magnitude 6.3 earth-quake struck southwest-ern China on Sunday, killing at least 367 people and leaving 1,881 injured in a remote area of Yunnan province, and causing thousands of buildings, including a school, to col-

The U.S. Geological Survey said the quake registered at a shallow depth of less than 1 mile. Chinese state media said it was felt



people, Xinhua added.

well as in the neighboring provinces of Guizhou and Sichuan.

The official Xinhua

center was in Longtoushan town in Yunnan's mountainous Ludian county.

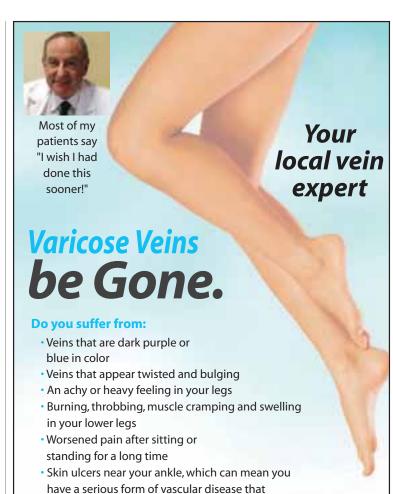
Communications have been seriously affected, and rescuers have begun arriving on the scene, the report said.

Pictures posted online by state media showed troops stretchering people away and cars damaged by fallen bricks.

Many people rushed out of buildings onto the street after the quake hit, electricity supplies were cut and at least one school collapsed, Xinhua added, with more than 12,000 houses having collapsed and 30,000 sustaining damage.

Ludian resident Ma Liya told Xinhua the streets were like a "battlefield bombardment. after





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### Magazine. Obama says corporate America benefited from his policies

President Barack Obama said corporate America has done well under his economic policies, telling the Economist magazine that CEOs should stop complaining about regulations and show greater social responsibility.

"If you look at what's happened over the last four or five years, the folks who don't have a right to complain are the folks at the top," Obama said in an interview conducted last week and posted on the magazine's website late on Saturday.

Businesses have complained that Obama's signature health care law and the Dodd-Frank financial reforms have hiked their costs.

Business groups are lobbying against his new plan to curb climate-changing carbon emissions from power plants.

#### Quoted

"I would take the complaints of the corporate community with a grain of salt."

**Obama,** arguing that his policies have been friendly to business



### Able to walk

### Health official: US doctor with Ebola improving

An American doctor stricken with the deadly Ebola virus while in Liberia and brought to the United States for treatment in a special isolation ward is im-



EMORY UNIVERSITY HOSPITAL

proving, the top U.S. health official said on Sunday.

Kent Brantly, a 33-yearold, was able to walk, with help, from an ambulance after he was flown on Saturday to Atlanta, where he was being treated by infectious disease specialists at Emory University Hospital.



# Thousands in Ohio without water as toxin tests continue

**Stores sell out of water.** Many
residents drove to
other states in search
of fresh water.

Testing of water for toxins in Toledo, Ohio, continued on Sunday as some 400,000 people remained without safe drinking water for a second day following the discovery of high toxin levels from algae on

Lake Erie.

Toledo Mayor D. Michael Collins said some sampling showed decreased toxin levels but that results from further tests would not be known until later in the day.

"All I can tell you is that everything is trending in a very positive direction," Collins told reporters. But he also cautioned "this is not over yet" and he could not predict when water would be safe to drink.

Health officials se

samples to several laboratories for testing after finding Lake Erie may have been affected by a "harmful algal bloom," Ohio Environmental Protection Agency spokeswoman Heidi Griesmer said.

NFWS

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The lake provides the bulk of the area's drinking water. The Ohio National Guard, various state agencies and the American Red Cross of Northwest Ohio were working to truck safe water to the area.

REUTERS





# Teaching teens how to code, one step at a time

Coding in the sun. The nonprofit CampInteractive program held its annual Young Entrepreneurs Summit in Montauk last week.

When Lisandro Melendez and his teammates from CampInteractive's after-school program were tasked with coming up with an app that would help their Bronx community, one word instantly came to mind: safety.

"I don't feel safe going out at night," explains Melendez, a senior at All Hallows High School. After some brainstorming sessions, the group came up with the idea for SafeVoyages, an app that guides users through different neighborhoods along the safest possible route. "It looks at the least amount of crime, murders — things like that," he says.

Melendez and his teammates, along with about a dozen other CampInteractive students, spent last week in the Long Island resort town of Montauk, where they transformed the Surf Lodge hotel into an app development workshop.

"The kids in the schools that we work in don't have access to computer science classes," says CampInteractive's program director Tom O'Connell.

A high school com-

puter science teacher until he joined CampInteractive earlier this spring, O'Connell says his organization fills a gap: There is a nationwide shortage of computer science teachers.

"By the time our students are done with the curriculum, they have the skills to do front-end development work," he says.

In addition to running its annual entrepreneurial summit and after-school program, CampInteractive also helps place its students in internships at startups around the city. "They are making way more money this summer [at their internships] than they did at their past jobs," he notes.

CampInteractive — which is part of the educational arm of the or-



#### Reaching the next generation of coders

Campinteractive aims to teach computer science skills to students from underserved communities. Program director Tom O'Connell says there is a lack of access to computer science nationwide.

Fewer than 2,000

African-American and Hispanic students took the AP computer science exam in 2012.

 Less than 2.4 percent of all college students graduate with a computer science degree. ganization C/I — hopes many of its students will ultimately major in computer science. That plan looks like it worked for Melendez.

"At first I wanted to be a veterinarian," he says. "But now I want to study computer science."





### The quest for the perfect



**Test prep.** Take control of your SAT experience with these pointers.

When Debbie Stier was in her mid-40s, she decided to do something most people have nightmares about: She took the SATs again for the first time in 30 years.

"I know! People ask,

"I know! People ask,
"Why would anybody take
them again?" Stier laughs.
"Originally, when I went
back it was to figure out
how to best study for my
son," she explains.

Stier went on to take the exam a stunning seven times total over the course of a year, becoming something of an expert on the exam in the process. Stier was having so much fun delving into the test that she decided to start The Perfect Score Project, a blog devoted to decoding the SATs that eventu-



ally became a book of the same name.

"I really thought it was possible to get a perfect score," Stier explains. "And I thought, 'I love the SAT and everyone hates the SAT, I'll look at what works, what doesn't."

As she walked into a New York high school to take the exam for the first time, Stier at first wondered how she'd be received by her fellow test-takers.

There was, however,

one person who did notice Stier that one day in the testing center. "The proctor at the end came to me and whispered, 'So are you going back to college?"

Stier stresses that both parents and students have more control over the process than many may realize. She offers these tips to students who are preparing to take the SAT this fall.

### Try to make studying a family affair

"As long as your kid has to take the test, it could be a shared experience," says Stier. "This is a really stressful time in a kid's life, and they might resist you, but any level of engagement is good."

With her two children, Stier developed a couple of different approaches. "My daughter and I would have arguments using SAT words," she explains. "And I loved reading my son's essays for the writing section."



She also encourages students to read books and newspapers. "Most kids don't read nonfiction,"



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### **SAT** score



she notes. "I'd start integrating it into the home. ... I started small,

Bring energy boosting snacks

[having my children read] one

and then we would discuss it.

New York Times story every day,

Stier says she has perfected her list of test day snacks, all of which she claims helped her focus and maintain energy. "Always bring a bottle of water, super dark chocolate [she recommends 70 percent cocoa content or higher] and apple slices fill the belly

really well." Listerine strips, Stier says, also provide a refreshing jolt of energy. "It's like taking a shower," she says.

### Don't cram the night or week before

"There's not much studying you can do that week before," Stier points out. "Cramming is the worst thing that you can do." Instead, she recommends trying to relax and not get too anxious about the exam. Parents should

### Research potential testing sites well before the exam

While many students take the exam at the test site located closest to their homes, Stier says that is a mistake. Big test centers are much busier and have more distractions. Here's what test takers should look for:

- Make sure you will be taking the test in a classroom rather than a school auditorium or
- Ask about the size of the desks, and avoid test locations that only have smaller, porkchop desks.

also note that the days before the test are extremely stressful for high schoolers and they should avoid unnecessary tensions.

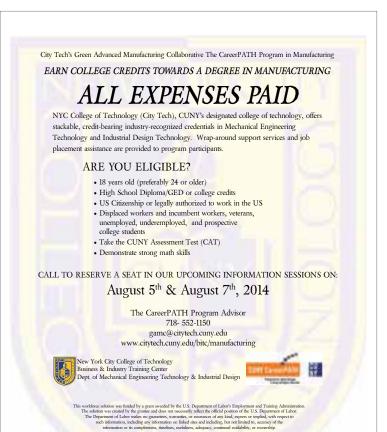
### Stay calm the day of the exam

"Get yourself into the zone and don't get ruffled," she says. Anxious students may also want to practice breathing exercises and other relaxation techniques.



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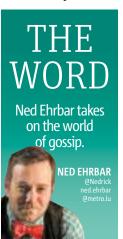


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### What happens in Ibiza doesn't exactly stay in Ibiza

That Justin Bieber/Orlando Bloom brawl in Ibiza is the gossip item that keeps on giving. It turns out that the real instigator of the whole thing might have been none other than Leonardo DiCaprio. DiCaprio was reportedly dining with Bloom at Cipriani's when Bieber passed by. The "Great Gatsby" star's dismissal of the Canadian pop pup was apparently the last straw. "Bieber said something to DiCaprio - I don't know exactly what, because it was seven or eight meters away. Leo

CULTU



brushed his hands at him, like, 'I don't care what you say," an eyewitness tells the Mirror. It was at that point that Bieber apparently made his lewd comments about Bloom's ex-wife, leading to the scuffle — which DiCaprio reportedly applauded. But here's the best part: Bieber has been trying to cozy up to DiCaprio for months, to no avail. Take this report from Cannes of a shirtless Bieber (of course) spotting DiCaprio in a nightclub and sending his "people" over to see if Leo wanted to join: "Justin was nodding and smiling

in Leo's direction, but Leo just shook his head no and waved him off. He thinks Justin's a little twit." OK, now I feel bad about all those times he didn't win an Oscar.

In related news, Bieber exacted his revenge by keeping Bloom out of birthday bash of Givenchy designer Riccardo Tisci—also in Ibiza—this weekend, according to Page Six. Bieber reportedly had his handlers insist the hosts bar Bloom. Who's coming out on top in all of this? It's not exactly clear, but I think the real loser is the Ibiza Board of Tourism.

### Efron and Rodriguez are still at it



Speaking of celebrity vacations, Zac Efron and Michelle Rodriguez are apparently back at it, this time in Spain. The unlikely Hollywood couple made use of Justin Bieber's yacht for a rousing afternoon with some pals off the coast of



Formentera, Spain, while the ship's owner continued his adventures on the next island over, Ibiza.
While there was less PDA than on their vacation to Sardinia last month, Effron and Rodriguez still appeared plenty into each other.

These of seem to "X-Men "X-Men Lawren Hoult I broken with the broken with the to Rada other."

### 'X-Men' stars are now exes



These crazy kids just can't seem to make it work.
"X-Men" co-stars Jennifer Lawrence and Nicholas Hoult have reportedly broken up — again — with the split happening "weeks ago," according to Radar Online. "It was a mutual split. There was no

scandal, no cheating," a source says. "The distance was just too much." The pair first met on the set of "X-Men: First Class" and dated for two years before breaking up, getting back together in time to film "X-Men: Days of Future



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### Guardians' takes the box office

Film. The Disney adventure sets a record for an August release.

"Guardians of the Galaxy," Walt Disney Co.'s offbeat space adventure featuring extraterrestrial misfits and a talking raccoon, made \$94 million in sales this weekend, setting a record for an August film opening.

The film's strong beginning, however, isn't likely to jump-start a lackluster summer box office season. The 3-D movie, which stars lesser-known characters in Disney's Marvel comic book universe, added \$66.4 million from international markets, for a global debut of \$160.4 million, Disney said yesterday. "Guardians" outgunned last weekend's leader, the science-fiction thriller "Lucy" that collected another \$18.3 million in sales at domestic theaters, according to estimates

from Rentrak.

"Lucy" stars Scarlett Johansson as a woman with a super-powered brain.

"Get On Up," a biography of the soul singer James Brown, was third with \$14 million in its first weekend in theaters.

"Guardians" stars ensemble cast that includes Zoe Saldana, Vin Diesel, Bradley Cooper and Chris Pratt. After positive reviews, the film was the year's biggest Thursday night opening with \$11.2 million in sales starting with 7 p.m. shows.

Even before the film's opening, Walt Disney said it was planning a sequel for release in July 2017. Head of distribution for Walt Disney Studios, Dave Hollis, attributed the strong per-formance of "Guardians" to a combination of momentum started by "Transformers: Age of Extinction" in June, skillful marketing and strong reviews.

perfor-"Guardians" mance, which beat Hol-

### Top 5 earners

1'Guardians of the Galaxy,' \$94 million

**2**'Lucy,' \$18.3 million

**3**'Get On Up,' \$14.0 million

4 'Hercules,' \$10.7 million

"'Dawn of the 5'Dawn of the Apes,' \$8.7 million

lywood forecasts of a \$65 million to \$80 million opening, are not likely to energize the summer box office, however, as ticket sales are currently running 18 percent behind last year, according to Rentrak.

"It doesn't end it, but it's certainly a step in the right direction," said Rentrak's senior media analyst Paul Dergarabedian about the slump. **REUTERS** 

### TV watch list

FILM

'Jaws'

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The classic 1975 flick about a shark that just won't quit will interfere with your enjoyment of the beach for the rest of the summer. That's what it's supposed to do. 8 P.M., AMC

### COMEDY

### 'Partners'

Comedy vets Kelsey Grammar and Martin Lawrence pair up in this FX sitcom about a duo of mismatched lawyers working together in Chicago. series PREMIERE, 9 P.M., FX

TALK

### 'Conan'

Going through "Orange Is the New Black" withdrawal? Conan's gathered the whole cast as quests for the night, so you can see what everyone looks like all glammed up. 11 P.M., TBS LISA WEIDENFELD

### Trouble in 'Paradise'

**Reality TV.** A new "Bachelor" spin-off promises to be more of a train wreck than the series it's spun from, but that's why we won't be able to resist watching.

Monday night's "Bachelor in Paradise" premiere looks poised to make the rest of the "Bachelor" franchise seem downright highbrow. The spin-off rounds up hopefuls from seasons past for a sun-kissed, scantily-clad second chance at love. Or, ya know, a second chance at fame through reality TV. Each week, any contestant who hasn't gotten into a relationship will be booted off and replaced by a sexy interloper on a mission to shake up the nascent couplings already underway.

Early clips promise backstabbing, too-quickto-be-believed romantic alliances, a health emergency, people who say things like "I can't help how I feel" in daily conversation and, of course, host Chris Harrison.

Here are a few of the familiar faces coming to tropical Tulum, Mexico, who are hoping to win or at least hoping to win a chance to get back into the tabloids.



### Sarah Herron

The sweet fan fave from Sean's season was born with one arm that ends just above the elbow, which is likely to once again be reduced to a plot point. (Does anyone else get shot exclusively from the waist up?)







### Lacy Faddoul

Though she was cast off early by Juan Pablo, Lacy is clearly vying for a stake in the "Paradise narrative. One extended sneak peek shows her splashing around in a pink bikini while her housemates judge.



Michelle Money

Brad's season's resident villainess is not here to make friends (again). Smack talk is even smackier in a bikini!



### Chris Bukowski

After being ditched by Emily on "The Bachelorette," Chris crashed the first episode of Andi's season by hiding in the bushes outside of the mansion and begging for a chance. Rule-





### Marcus Grodd

Bachelorette Andi's ho-hum fourth place finisher may get his chance to shine by showing off his personality's sole asset: a chiseled, geometric set of abs.

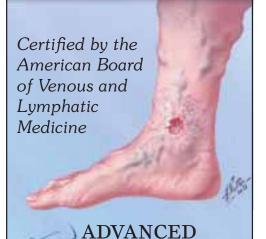
### **Cody Sattler**

Cody got dissed by Andi in Vénice during their "Romeo and Juliet" inspired one-on-one date. His insistence on using the Shakespearean play as a theme leads us to believe he was unfamiliar with the ending. Better luck this time.

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#### MUSIC

### O'Connor is

### **Nothing compares.**

Singer Sinead O'Connor talks Bevonce, sex appeal, lyrics, industry and hair.

Sinead O'Connor has never been a stranger to controversy. To promote her new album, "I'm Not Bossy, I'm the Boss," the singer has been doing a round of press, but journalists were instructed not to bring up mental health issues or Miley Cyrus, with whom she had a public spat after the younger singer reacted unfavorably to O'Connor's open letter to her about the evils of the music industry. She cautioned Cyrus about using sexuality to sell music, so it was surprising when O'Connor's new album arrived and the singer is looking quite sexy herself (right) in a leather dress and (gasp!) an actual

#### Where does the album title come from?

I just saw this great picture one day of Beyonce with that saying behind her head. And I thought, "Oh



### Q&A

### Grabbing attention

Talk to me about the promo photos in relation to the pimps and hos theory and the notion of sex appeal.

It's very interesting to me that people say "sex appeal," and I'm having a ball with it, and I think it's based on the fact that I have hair. Because I'm dressed, certainly on the album cover, I'm dressed from head to toe.

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#### I think the leather dress probably helps too.

Yeah, well, you know, that's something I'd wear in my own life or going out or whatever. ... It just so happens that I had my picture taken. It wasn't supposed

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### 'The Boss'

my God! What an incredible saying." I was identifying with it at the time as a boss, as a female boss. It can be a very tricky thing to be perceived as a boss at all in the music business, when you're an artist, male or female. We are all treated as if we were working for the people who are working for us. And I think that can possibly be exaggerated when you're female and when you're young, whether you're male or female.

You have a line on the song "Eight Good Reasons" on the new album that goes, "I love to make music but my head got wrecked by the business." This feels like a

It's kind of about how for

a lot of musicians, you get into music for the sake of making music, and you only spend about 4 or 5 percent of your time making music and the rest of the time it's business, and quite a lot of the time the business end of music is very ugly. It's very much pimps and hos, and we're the hos, and that can be demeaning. It can wreck your head to have to deal with the kind of people you wouldn't drink with.

If we're talking about lyrics, there's another line in the song "James Brown," where you say, "I know I look like a wooden chair," which is definitely not the case on this album cover.

Well, thank you. I'm going to take that as a compliment. But I look even better without the hair. If I had that dress on and I had no hair I'd look way better. It's just that I know if I slapped on hair, everybody would talk about it, and it

Tell me about the video. I can't, because it's a surprise.

Well, I'd be remiss if I didn't ask you about something I'd read today, where you had told one news outlet that you were going to be doing a certain parody video. The which?

I had read somewhere you were working on a parody of Miley Cyrus' "Wrecking Ball."



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#### Off-limits

### Behind the click

After what clearly seemed like a hang up, O'Connor's publicist reported that "a connection issue disconnected the call." When we requested more info on this "Wrecking Ball" parody that we had read about, we were told that it was "a joke that got taken out of context.'



Visit Metro.us to learn about O'Connor posing with Kurt Cobain.

While we awaited clarification on the secret video, the day after the interview took place, O'Connor released a promo video for her latest single, "Take Me to Church," which was not a Miley Cyrus parody at all.



PAT HEALY @metrousmusic pat.healy@metro.us

to be the album cover. I decided that. I knew that if I got shots taken like that with hair and looking all gorgeous, everybody would run the shots and they'd all have to run the name of the album, so it

was purely to draw attention to the album. And then it was supposed to be just two shots as a laugh and that was it, and that was going to be the end of it. But then the record company asked if they could

use those shots as the cover of the album. And I then agreed to do a video, which is quite hilarious. So I wear those clothes if I want to, but I don't wear hair. It was purely to get attention for the album.



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# Finishing songs for Bob Dylan

Folk music. Old **Crow Medicine** Show singer records with the voice of a generation looking over his shoulder.

Ketch Secor's first collaboration with Bob Dylan was undertaken without the rock legend even being aware of it. In 1973, Dylan

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recorded an unfinished song usually called "Rock Me Mama" during the sessions for the soundtrack to "Pat Garrett and Billy the Kid." Thirty years later, Secor picked up that scrap of a song and finished it for his band Old Crow Medicine Show's self-titled debut album. The result was "Wagon Wheel," which has be-come a barroom staple and a 2013 No. 1 country hit for ex-Hootie and the Blowfish frontman Darius Rucker.

Secor is working with Dylan again, this time with the legendary songwriter's full involvement — sort of. He still has yet to meet his reclusive collaborator, but Dylan had his manager deliver another unfinished song to Secor and offered his input from afar during the recording of Old Crow Medicine Show's new album, "Remedy," released last month.

"It was strange for me, because I haven't worked with anybody that way," Secor acknowledges. "But it makes total sense when I think about how one writes with Bob Dylan. You write with Bob Dylan with 43 years between your pen

### Americana

### New album

"Remedy" marks the debut of Old Crow's new lineup, which Secor calls "the band that we are always meant to be." The band combines traditional country instrumentation with a garage-rock rawness, stripping away the gloss that mars so much modern country music.

As inspiration, Secor cites another folk music icon, this one recently lost. "Pete Seeger's gone," he says, "and we're here with a banjo, singing a catalog that draws heavily from the American canon of song. So we're a folk band and a country band and we're called an Americana band, and then we like rock 'n' roll too. So I don't really know where we fit in, but I think Levon Helm would've liked it a whole



"You write with Bob Dylan with 43 years between your pen strokes." secor

strokes."

"Sweet Amarillo" an uptempo waltz with a hint of recognizable Dylan cadences, but it also fits right in with the entirely Old Crow-penned songs on 'Remedy.

Secor says knowing that Dylan was looking over

their shoulders definitely affected their nerves.

'Everybody in the band was keenly aware that Bob Dylan was going to be hearing our demo," he says. "Our first work tape was pretty unsure, and I think everybody second-guessed their playing.

"But the feeling of having an unfinished Bob Dylan song on our table was like being rubbed in stardust."



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Deepak Chopra, the world-renowned spiritual leader and meditation teacher, shares my deeprooted enthusiasm for meditation. As he puts it: "If you were to ask me what the most important experience of my life has been, I would say it was learning to meditate. Meditation has been the key to my creativity, well being and happiness.'

As a spiritual activist, I believe that meditation has the power to create radical shifts worldwide. Our individual, personal experiences create a ripple effect. When more and

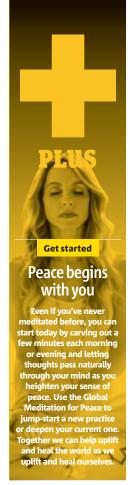




more people begin to meditate, the world begins to vibrate at a higher frequency. And if you've glanced at a newspaper (or Twitter) lately, you know the world is in desperate need of this higher vibration. Therefore, I am committed to teaching meditation to the masses.

If you're inspired to begin meditating or enhance your existing practice, I encourage you to start now. Many people ask me about meditation all the time; below, I've rounded up

my answers to the three biggest questions I get about meditation. Follow this guidance and connect to greater joy, stronger intuition and a rock-solid sense of purpose.



### **Meditation FAQs**

### What's the best time of day to meditate?

Morning and evening are said to be the best times to meditate because they coincide with our body's quieter rhythms. Deepak says, "Our body knows how to be still; we just have to give it opportunity." If you can begin your meditation practice each morning, you'll have a greater chance of sticking with the routine. Carve out one to five minutes (that's all you need to get started) and you'll begin to see great benefits instantly. If you're not a morning person, don't sweat it. Any time you want to meditate is the perfect time!

"Our body knows how to be still; we just have to give it opportunity."

Chopra

### How do I handle my chaotic thoughts?

The best way to quiet the incessant thoughts that come up during meditation is to simply allow them to pass. You can let the thought come in naturally and let it go with ease. Do not try to push it away or force yourself to change your mind. Often, the thoughts that come through are merely tension being released. Some people like to imagine their thoughts as clouds passing gently through the clear, bright sky of their mind. Let them float in and out as you focus on the natural rhythm of your breath or a calming mantra.

### How can I meditate with others?

Meditating isn't just a solo art. Connecting with others' positive, peaceful energy is extremely powerful. Plus, the perfect opportunity is coming up. On Aug. 8, join A Global Meditation for Peace with Deepak Chopra, India Arie and me as we host this worldwide attempt to break the record for the largest meditation gathering. This free event begins at noon, and you can attend from anywhere. Learn more and sign up at www.globalmeditation. chopra.com.



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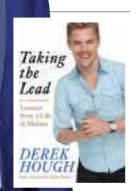
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JOBS 22

# Learning how to lead in the ballroom and the boardroom

'Dancing with the Stars.' Professional ballroom dancer Derek Hough explains how to maintain grace under pressure.



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Over the course of 13 seasons on "Dancing With The Stars," ballroom dancer Derek Hough has been paired with celebrities as varied as former talk show host Ricki Lake, country singer Kellie Pickler and Olympian Shawn Johnson.

This week, Hough releases his book "Taking the Lead: Lessons from a Life in Motion," in which he delves into what it takes to transform a celebrity into a dancer and how to take what can be scathing criticism on live television.

Hough — who just completed his Move Live tour co-starring his sister Julianne — took some time to share a few of those lessons with us.

You will never be 100% ready

Ti

### Be calm before your big moment

"I tried to do this thing with [Paralympic snowboarder] Amy Purdy where we would just be talking about gratitude," he says about the ritual he seveloped with his partner last season. "We'd just be naming things we were grateful for like 'I'm grateful for my friends.' For Amy it would be 'I'm grateful for this dress I'm wearing.' And then all of the anxiety goes away and you are just feeling good."



Wondering if it's time to make your next move? Don't wait until you are "ready," says Hough.
"It's trial by fire," he says. "You're never 100 percent ready. That's something I learned growing up in England [while being trained by dancers Shirley and Corky Ballas]. For me, with my personality, I'm such a perfectionist that I didn't want to go out on the dance floor until I was ready.

"If it was up to me, I would have stopped myself," he continues. "But Shirley just taught me to just get out there and just do it."

### Make an effort to get to know your partner/co-worker

"Each partner is so different, but that's what makes it exciting," says Hough. "Its all about adapting, it's about figuring out what are their strengths and weaknesses."

### Work to bring out the best in your partner

Being a cast member on "Dancing with the Stars" means that you are one part professional ballroom dancer and one part life coach/therapist/chief motivator. "One of my favorite parts is working with celebrities and really trying to figure out what that fear is and seeing their eyes light up when they get past it."

### Sometimes you just have to learn as you go along

Longtime "DWTS" fans may be surprised to learn that Hough had never really choreographed professional routines before joining the cast. "I wasn't a teacher, I wasn't a choreographer. I was really faking it till I made it."

### Criticism isn't personal

One of the hardest parts about performing on a show like "DWTS" is receiving criticism from the judges on live television just moments after a performance. "Truthfully, early on I got really nervous," Hough recalls. "If it wasn't good, it was my fault, it had nothing to do with my partner."

He notes that his approach to the judges' comments has evolved over the years. "Now it's more like, 'Am I happy with my performance?" If I feel like [my partner] did a really good job, I kind of take [the judges' comments] with a grain of salt. If it's negative and I agree, I always say so."

### Two heads are better than one

Growing up on the competitive ballroom circuit, Hough sometimes found himself in direct competition against his sister Julianne and his best friend (and fellow "DWTS" cast member) Mark Ballas. "It was interesting, growing up and competing against each other," Hough says now. "Competing on 'Dancing with the Stars' is completely different. Now it's more, 'Hey, what do you think of this?' and 'Hey, can you come look at this?' It's much more collaborative now."



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#### Horoscope

**№** Leo | July 23-Aug. 22. You will have difficulty reading between the lines today. Don't make assumptions. Do whatever it takes to fully understand what is expected of you.

M Virgo | Aug. 23-Sept. 22. The time for making changes is overdue. Don't hide your talents. You will have to step into the spotlight.

△ Libra | Sept. 23-Oct. 22. Make an adjustment to your personal and financial plans. If you act on impulse or are too quick to trust, you will lose control.

M Scorpio | Oct. 23-Nov. **21.** Be courageous and keep the momentum flowing. Waiting for someone else to lead will lead to a missed opportunity.

<sup>7</sup> Sagittarius | Nov. 22-Dec. 21. Communication problems will lead to misinterpretation. Ensure that all of your projects are done meticulously.

Capricorn | Dec. 22-Jan. 20. Now is a good time to bring some added closeness to your romantic relationship. Take time to do something special with the one you love.

Aquarius | Jan. 21-Feb. **18.** It's time to eliminate negative or troublesome situations. Trying to please too many people will result in emotional turmoil.

Pisces | Feb. 19-March 20. Stay ahead of the competition and be aware of what is going on around you. You will be able use some new information to your advantage.

Aries | March 21-April 20. Be gracious and patient when dealing with others. The people in your life deserve to be treated with care and respect.

Taurus | April 21-May 21. Be cautious when operating equipment or traveling. There is someone waiting for you to make a mistake.

II Gemini | May 22-June 20. You will be uncertain about an important partnership. Travel opportunities look positive. You will have greater insight into your future.

🤨 Cancer | June 21-July 22. Strive for flexibility when it comes to your plans. Be prepared for a change in your schedule. Being too rigid will thwart your advancement. BERNICE BEDE OSOL

### Letters

### Stop the bombs

Civilians have paid a horrific price in the ongoing violence in Gaza. The United States has a particular responsibility to help end the killing, since U.S. weapons are fueling the conflict. The International Committee of the Red Cross has called the Israeli blockade of Gaza "collective punishment against a civilian population." U.S. policymakers MUST call for lifting the blockade to ensure a durable ceasefire. If bombing is the way to peace, why has it never worked? And why does Israel have defenses (Iron Dome) to intercept rockets while in Gaza they cower under desks during the rain of bombs? Surely this is making a bitter generation. CHRISTEL JORGENSON, VIA EMAIL

### Palin not worth \$10

Re: 'Others "Palin" comparison' (Metro, July 31-Aug. 3) If columnist Tom Foreman wants to send \$9.95 to Sarah Palin, then more power to him. But I can't imagine why. Ms. Palin was a failure as a governor, a failure as a candidate and a failure as a talking head on Fox. This is nothing more than last-ditch attempt to cash in on her fading relevance. I cannot fathom what he expects in return for his money except the lukewarm satisfaction of "stickin' it to them libs." E. BLOCK, VIA EMAIL

### letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

### Sudoku: Easy and hard

	5	2			3			8
9	3		7	8		1		6
		6	2			5		
	1	5				2	9	
		9			7	6		
7		8		2	9		6	5
6			5			4	2	

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### **Across**

- 1 Force open
- 4 Above 8 Optimal
- 13 "— move on!"
- 14 Payroll deduction
- 15 Alabama town
- 16 News morsel
- 17 Unlikely (hyph.)
- 19 Elmo's street 21 Ms. Hagen of films
- 22 "- kleine Nachtmusik"
- 23 Whetstone 25 Telemarketing danger
- 27 Branched out
- 31 Excitement
- 35 Open meadow 36 — cotta
- 38 Davis of "The Fly"
- 39 J in JFK
- 41 Gauges
- 43 Autumn colors
- 44 Glazed goody
- 46 Radiates
- 48 Billiards stick
- 49 Whole
- 51 Grabbed
- 53 Spring or ebb
- 55 Pennsylvania port 56 Jai —
- 59 Batting stat
- 61 Grouchy 65 Chatterbox (2 wds.)

- 68 Where Anna met a king
- 69 Sarcasm
- 70 Nudge, perhaps 71 Sicilian spouter
- 73 "I say!"
- 74 Joey or Kiki

- 1 Sampras of tennis
- 3 Harley competitor 4 Insulted
- 5 Itinerary word
- 6 Beige
- 7 River floaters
- 10 Pre-college
- 11 Revival shout
- 12 Fill the hull
- 20 Helena's st.
- 26 Dog days mo.
- 28 Element 54
- 29 Coat for a house
- 33 Not deserved

- 72 Thickly settled

#### **Down**

- 2 AAA suggestions

- 8 "Ego" ending
- 9 Holiday time

- 13 Barracks dwellers
- 18 Per person
- 24 Spine-tingling
- 27 Skip a syllable
- 30 Tots of whiskey
- 32 Gray-barked tree
- 34 Established

- 37 Flared garment (hyph.) 40 Big figures on campus?
- 42 Stiff
- 45 Hex, halved
- 47 Cook in a wok
- 50 Gouda cousin
- 52 Quit
- 54 Call to mind 56 In the course of
- 57 Traditional knowledge 58 Egyptian sun god
- 60 -ho 62 Light snack
- 63 Harmful thing
- 64 Vocalist Sumac
- 66 Reuben bread 67 Herbal soother



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**SPORTS** 

### Jets camp stock report

Here's a glance at which Jets players have performed the best at training camp in Cortland, New York, so far.

The Jets entered training camp two weeks ago with some new faces, but not a lot of position battles.

Thankfully, camp has been pretty quiet — in other words, there have been no major injuries. Head coach Rex Ryan has shown his old bravado, but has been reluctant to discuss much in the way of progress for big names like Chris Johnson and Mike Vick.

Jets fans should get a better idea of where things stand during the first preseason game against the Colts this Thursday (7 p.m., CBS-2). But before they strap up the pads at MetLife, Metro breaks down some of the players who are making names for themselves so far in good or bad.



Injured

Woods in pain

Tiger Woods as he hit his ninth tee shot Sunday at the Bridgestone Invitational. He

withdrew from the

tournament — his third since getting back surgery

in the spring.

MARK OSBORNE @MetroNYSports

### Stock up: Stephen Hill

One of the biggest reasons the Jets went out and signed Eric Decker was because Stephen Hill was quickly approaching bust status. But the 6-foot-4 receiver, who developed a reputation for drops as a rookie and nagging injuries as a second-year pro, is excelling in camp. There were some wondering whether or not Hill would even make the roster with the additions of Decker and Jacoby Ford, but he's made that a nonissue. If he's healthy, he gives the Jets a legitimate downfield threat, with size to match.



### Stock down: **Jace Amaro**

The rookie tight end entered camp with the expectations of being a game-changing receiver

in the mold of Jimmy Graham or Jordan Cameron. The blocking would come

later, but the explosiveness on offense would be immediate. It's been a tough dose of reality for Amaro and the Jets. He's not only had trouble with the playbook, he's had trouble catching balls, period. His small hands were criticized after the NFL Combine, and now Jets fans know why. It does matter.

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### Stock up: **Brian Winters**

The second-year guard struggled at times last season, even though he ended up starting 12 games on a banged-up offensive line. It was a learning experience for a lineman, who didn't face the same level of competition at Kent State. Most fans are probably just happy Vlad Ducasse is a distant memory, but Winters needs to be more than just "anybody but Vlad Ducasse" if Geno Smith is going to properly develop. Winters has mostly been taking reps with the first team in camp.

### Stock down: **Calvin Pryor**

Pryor has been out with a concussion. He'll be back, but the first-round pick was known as a hard-hitter at Louisville. You can't lead with your head in the pros, even more so than in college. Not only are you risking a 15-yard penalty, you're also putting your own health at risk.



### Michael Vick hasn't shown much at training camp as of yet. / GETTY IMAGES

### Stock down: Michael Vick

You can probably forget about the supposed QB competition between Smith and Vick in training camp. The veteran never appeared to have a chance of unseating Smith to begin with, but he's done nothing in the first weeks to show that's changed. Smith was lousy in the

team's first scrimmage Saturday night, but so was Vick. Vick went 7-for-13 for 47 yards passing while Smith was 7-for-14 with 84 yards through the air. Vick also ran the ball twice for 35 yards. Neither QB registered a touchdown in a poor showing by the entire offense. For Vick to unseat the incumbent, he needs to prove he's far ahead of the second-year signal-caller.





BARTOLO COLON ALLOWED SIX RUNS SUNDAY.

### Colon ripped by San Fran

The Mets were pounded by the Giants Sunday afternoon at Citi Field as Madison Bumgarner held New York's lineup to just two hits in a 9-0 San Fran victory.

Bumgarner worked the full nine innings, walking just one and striking out 10. He easily outperformed Mets starter Bartolo Colon, who was going for his 200th career win. Colon gave up home runs to Hunter Pence and Brandon Belt in the third and fourth innings. MATT BURKE

# Tigers set to flex muscle against Yanks in Bronx

MLB. The Yankees will have their hands full this week against rugged Detroit.

In terms of sizzle, the newlook Yankees can't compete with the new-look Tigers.

Detroit made arguably the biggest power move in baseball at last Thursday's trade deadline as it acquired lefty starter David Price from the Rays. The Yankees upgraded their infield by landing Martin Prado from Arizona and Stephen Drew from Boston, but their status as a "playoff hopeful" remains

the same. Detroit's status is now firmly, "World Series or bust." Detroit is fresh off a sweep of the Rockies at home, a series in which it scored an average of 6.3 runs per game. It was a sign that the Tigers' offense may be ready to produce big numbers, which would give Detroit something close to an unstoppable 1-2 punch at the top and bottom of early innings.

The Tigers had struggled prior to the Colorado series as they went just 5-9 coming out of the All-Star break. New York had a record of 9-6 since the break prior to Sunday night's game in Boston.





#### Murderers' row

What the Yankees will encounter this week:

- Max Scherzer (13-3. 3.27) will face Brandon McCarthy (6-10, 4.56 ERA) Monday.
- David Price (11-8, 3.11 ERA) will square off against Hiroki Kuroda (7-7, 3.98 ERA) Tuesday.
- Justin Verlander (10-9, 4.66 ERA) and Chris Capuano (1-2, 4.50 ERA) tangle Wednesday.
- Scherzer, Price and Verlander have won the last three AL Cy Young Awards.

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